

2. A apparatus according to claim 1, wherein said target includes a durable covering.
3. A apparatus according to claim 1, further including means for adjusting a height of said target.

## Abstract of Disclosure

[c002] U-Twist is an exercise apparatus, which may be used for aerobics training.

I believe that I am the original and sole inventor of the U-Twist, for which a patent is sought. The present invention is susceptible of embodiment in many different forms. While the drawings illustrate and the specification describes certain preferred embodiments of the invention, it is to be understood that such disclosure is by way of example only. This invention relates generally to personal training equipment primarily used, but not limited to home aerobics.

## Figures